

WE CLAIM:

-1-

A method for inhibiting cyclooxygenase or prostaglandin H synthase enzymes which comprises:

providing at least one compound isolatable from a cherry with at least one of the enzymes to inhibit the enzymes.

-2-

A method for inhibiting cyclooxygenase or prostaglandin H synthase enzymes which comprises:

providing at least one bioflavonoid compound isolatable from a cherry with at least one of the enzymes to inhibit the enzymes.

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The method of Claim 1 wherein the method is *in vitro*.

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The method of Claim 1 wherein the method is *in vivo*.

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The method of any one of Claims 1, 2, 3 or 4 wherein the compound is from a tart cherry.

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The method of any one of Claims 1, 2, 3 or 4 wherein the compound is from a sweet cherry.

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A method for inhibiting inflammation in a mammal which comprises:

5 administering at least one compound isolated from a cherry to the mammal to inhibit inflammation.

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10 The method of Claim 7 wherein the mammal is human.

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The method of any one of Claims 7 or 8 wherein the compound is from a tart cherry.

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The method of Claim 7 wherein the compound is from a sweet cherry.

-11-

20 A method for inhibiting inflammation in a mammal which comprises:

25 administering at least one bioflavonoid compound isolatable from a cherry to the mammal to inhibit the inflammation.

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The method of Claim 11 wherein the compound is from a tart cherry.

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The method of Claim 11 wherein the compound is from a sweet cherry.

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35 The method of Claim 11 wherein the mammal is human.

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5           The method of Claim 1 wherein the compound is contained in a composition which comprises a dried mixture of isolated anthocyanins, bioflavonoids and phenolics from cherries and a food grade carrier.

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10           The method of Claim 15 wherein the carrier is dried cherry pulp.

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15           The method of Claim 15 wherein the ratio of dried mixture to carrier is between about 0.1 to 100 and 100 to 0.1.

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20           The method of any one of Claims 1, 2, 3 or 4 wherein the compound is incorporated into a food.

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25           The method of Claim 7 wherein the compound is incorporated into a food.

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30           The method of Claim 11 wherein the bioflavonoid is incorporated into a food.

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35           A method for inhibiting inflammation in a mammal which comprises:  
          administering anthocyanin including cyanidin to the mammal to inhibit inflammation.

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          The method of Claim 21 wherein the anthocyanin is isolated from a tart cherry.

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The method of Claim 21 wherein the anthocyanin is isolated from a sweet cherry.

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The method of Claim 21 wherein the mammal is human.

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The method of any one of Claims 21, 22, 23 or 24 wherein the anthocyanin is incorporated into a food.

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The method of Claim 21 wherein the anthocyanin is essentially pure.